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## Amendments to the Claims:

This listing of claims replaces all prior versions and listings of claims in the application.

## **Listing of Claims**

1. (currently amended) An apparatus, comprising:

a bracelet, the bracelet enclosing a volume and <u>adapted to be</u> attached around an infant's wrist, <u>wherein the bracelet has a wrist-facing side and an outer side opposite the wrist facing side, and wherein the bracelet is made of plural layers of fabric on the wrist-facing side and a single layer of the fabric on the <u>outer side</u>; and</u>

a plurality of capsules within the volume, each of the plurality of capsules containing a substance that is liquid at room temperature.

- 2. (original) The apparatus of claim 1, wherein the bracelet is elastic and has an inner circumference, and wherein the inner circumference increases when the bracelet is stretched.
- 3. (original) The apparatus of claim 1, wherein each of the plurality of capsules has a rigid covering.
- 4. (original) The apparatus of claim 1, wherein the substance is comprised of a water solution.
- 5. (original) The apparatus of claim 1, wherein the substance is frozen.
- 6. (currently amended) The apparatus of claim 1, wherein the bracelet is made of a pliant material, is doughnut shaped and has a wrist-facing side and an outer

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side opposite the wrist-facing side adapted to allow the infant to suck on one of the plurality of capsules through the fabric.

- 7. (currently amended) The apparatus of claim 6, wherein the pliant material is taken from the group consisting of: a woven fabric, a plastic polymer, and leather1, wherein the bracelet is formed by sewing only three seams in the fabric.
- 8. (currently amended) The apparatus of claim 67, wherein the pliant material is elastic two of the three seams separate the wrist-facing side from the outer side.
- 9. (currently amended) The apparatus of claim 61, wherein the pliant material isplural layers of fabric are less thermally conductive on the wrist-facing side of the bracelet than on the outer sidethan is the single layer of fabric.
- 10. (currently amended) The apparatus of claim 6, wherein the pliant material has plural layers on the wrist-facing side of the bracelet and a single layer elsewhere on the bracelet 1, wherein one of the plurality of capsules is approximately the size of an infant's mouth and is adapted to allow the infant to suck on the one of the plurality of capsules through the fabric.
- 11. (currently amended) A method, comprising:
- (a) enclosing a substance <u>in a capsule</u> in a bracelet, <u>wherein the bracelet</u> is made of fabric;
  - (b) attaching the bracelet to a wrist of an infant; and
- (c) insulating the wrist of the infant from a temperature of the substance, wherein the capsule is adapted to allow the infant to suck on the capsule through the fabric.
- 12. (original) The method of claim 11, further comprising, after step (a) and before step (b):

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(d) cooling the substance.

13. (original) The method of claim 11, wherein the bracelet encloses a volume, and wherein the attaching the bracelet in step (b) involves inserting the infant's wrist into the bracelet.

14. (original) The method of claim 13, wherein the bracelet is elastic and has an inner circumference, and wherein the attaching the bracelet in step (b) further involves stretching the bracelet such that the inner circumference of the bracelet is increased.

15. (currently amended) The method of claim 11, wherein the substance is enclosed within a plurality of capsules, each of the plurality of capsules having capsule has a rigid covering.

16. (currently amended) The method of claim 11, wherein the bracelet is made of a pliant material, is doughnut-shaped and has an inside, wrist-facing side.

17. (currently amended) The method of claim 16, wherein the insulating the wrist of the infant in step (c) involves making the pliant material fabric thicker on the wrist-facing side of the bracelet than on an outer side of the bracelet.

18. (currently amended) The method of claim 11, wherein the insulating the wrist of the infant in step (c) involves providing the bracelet with plural layers of a pliant material the fabric at a location where the bracelet contacts the wrist of the infant.

19. (currently amended) A teether, comprising:

a capsule containing a cooled substance; and

means for attaching the <del>cooled substance</del> capsule to a wrist of an infant, for applying the cooled substance to gums of the infant, and for insulating the

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wrist of the infant from the cooled substance, and for allowing the infant to suck on the capsule through the means.

20. (original) The apparatus of claim 19, wherein the means constricts around the wrist of the infant.